



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 35141, Mutton, cooked, roasted (Navajo)**

**Report Date: July 16, 2017 03:28 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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**Proximates**

Water <sup>1</sup>	g	54.00	1	--	15.31
Energy	kcal	234	--	--	66
Energy	kJ	978	--	--	277
Protein <sup>1</sup>	g	33.43	1	--	9.48
Total lipid (fat) <sup>1</sup>	g	11.09	1	--	3.14
Ash <sup>1</sup>	g	1.41	1	--	0.40
Carbohydrate, by difference	g	0.08	--	--	0.02

**Minerals**

Calcium, Ca <sup>1</sup>	mg	10	1	--	3
Iron, Fe <sup>1</sup>	mg	4.76	1	--	1.35
Magnesium, Mg <sup>1</sup>	mg	31	1	--	9
Phosphorus, P <sup>1</sup>	mg	272	1	--	77
Potassium, K <sup>1</sup>	mg	409	1	--	116
Sodium, Na <sup>1</sup>	mg	135	1	--	38
Zinc, Zn <sup>1</sup>	mg	5.93	1	--	1.68
Copper, Cu <sup>1</sup>	mg	0.062	1	--	0.018
Manganese, Mn <sup>1</sup>	mg	0.033	1	--	0.009
Selenium, Se <sup>1</sup>	µg	38.0	1	--	10.8

**Vitamins**

Thiamin <sup>1</sup>	mg	0.060	1	--	0.017
Riboflavin <sup>1</sup>	mg	0.300	1	--	0.085
Niacin <sup>1</sup>	mg	6.520	1	--	1.848

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Pantothenic acid <a href="#">1</a>	mg	0.897	1	--	0.254
Vitamin B-6 <a href="#">1</a>	mg	0.377	1	--	0.107
Folate, total <a href="#">1</a>	µg	0	1	--	0
Folate, food	µg	0	1	--	0
Choline, total <a href="#">1</a>	mg	100.6	--	--	28.5
Betaine <a href="#">1</a>	mg	33.9	1	--	9.6
Vitamin B-12 <a href="#">1</a>	µg	4.44	1	--	1.26
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.80	1	--	0.23
Tocopherol, beta <a href="#">1</a>	mg	0.00	1	--	0.00
Tocopherol, gamma <a href="#">1</a>	mg	0.00	1	--	0.00
Tocopherol, delta <a href="#">1</a>	mg	0.00	1	--	0.00
<b>Lipids</b>					
Fatty acids, total saturated	g	5.142	--	--	1.458
8:0 <a href="#">1</a>	g	0.000	1	--	0.000
10:0 <a href="#">1</a>	g	0.012	1	--	0.003
12:0 <a href="#">1</a>	g	0.010	1	--	0.003
14:0 <a href="#">1</a>	g	0.258	1	--	0.073
15:0 <a href="#">1</a>	g	0.063	1	--	0.018
16:0 <a href="#">1</a>	g	2.474	1	--	0.701
17:0 <a href="#">1</a>	g	0.158	1	--	0.045
18:0 <a href="#">1</a>	g	2.145	1	--	0.608
20:0 <a href="#">1</a>	g	0.022	1	--	0.006
22:0 <a href="#">1</a>	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	4.459	--	--	1.264
14:1 <a href="#">1</a>	g	0.012	1	--	0.003
15:1 <a href="#">1</a>	g	0.000	1	--	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.206	1	--	0.058
17:1 <a href="#">1</a>	g	0.085	1	--	0.024
18:1 undifferentiated <a href="#">1</a>	g	4.149	1	--	1.176
20:1 <a href="#">1</a>	g	0.007	1	--	0.002
Fatty acids, total polyunsaturated	g	0.814	--	--	0.231
18:2 undifferentiated <a href="#">1</a>	g	0.396	1	--	0.112

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
18:3 undifferentiated <sup>1</sup>	g	0.172	--	--	0.049
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.147	1	--	0.042
18:3 n-6 c,c,c <sup>1</sup>	g	0.025	1	--	0.007
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	0.000
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	0.000
20:4 undifferentiated <sup>1</sup>	g	0.074	1	--	0.021
Cholesterol <sup>1</sup>	mg	109	1	--	31
<b>Amino Acids</b>					
Tryptophan <sup>1</sup>	g	0.257	1	--	0.073
Threonine <sup>1</sup>	g	1.403	1	--	0.398
Isoleucine <sup>1</sup>	g	1.588	1	--	0.450
Leucine <sup>1</sup>	g	2.764	1	--	0.784
Lysine <sup>1</sup>	g	2.999	1	--	0.850
Methionine <sup>1</sup>	g	0.918	1	--	0.260
Cystine <sup>1</sup>	g	0.348	1	--	0.099
Phenylalanine <sup>1</sup>	g	1.399	1	--	0.397
Tyrosine <sup>1</sup>	g	1.162	1	--	0.329
Valine <sup>1</sup>	g	1.678	1	--	0.476
Arginine <sup>1</sup>	g	2.178	1	--	0.617
Histidine <sup>1</sup>	g	0.975	1	--	0.276
Alanine <sup>1</sup>	g	1.964	1	--	0.557
Aspartic acid <sup>1</sup>	g	3.122	1	--	0.885
Glutamic acid <sup>1</sup>	g	5.167	1	--	1.465
Glycine <sup>1</sup>	g	1.651	1	--	0.468
Proline <sup>1</sup>	g	1.411	1	--	0.400
Serine <sup>1</sup>	g	1.332	1	--	0.378
Hydroxyproline <sup>1</sup>	g	0.244	1	--	0.069

### Other

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD